

**Important!**

## Spring MOVE! Schedule for Weight Management Group Visits 2009 Portland

New time and  
multiple locations  
on Thursdays!

If you have questions about the MOVE! Program you can contact us at (503) 220-3482  
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Tuesday	Thursday
<b><u>March 2009</u></b> 3/3 and 3/5	<b>What is in your food?</b>	Nutrition	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>101-201*</b>
3/10 and 3/12	<b>Introduction to the Benefits of Exercise</b>	Physical Activity	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>101-109*</b>
3/17 and 3/19	<b>Getting and Staying Motivated</b>	Behavior	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>101-109*</b>
<b><u>April 2009</u></b> 4/7 and 4/9	<b>Strength, Balance and Flexibility</b>	Physical Activity	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>101-201*</b>
4/14 and 4/16	<b>Trim the Fat</b>	Nutrition	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>101-201*</b>
4/21 and 4/23	<b>Handling and Reducing Stress</b>	Behavior	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>Auditorium</b> <b>100-220*</b>
<b><u>May 2009</u></b> 5/5 and 5/7	<b>Sweets, Snacks and Hydration</b>	Nutrition	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>101-201*</b>
5/12 and 5/14	<b>Wild Card???</b>	Top Secret	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>101-109*</b>
5/19 and 5/21	<b>Self-Control and Impulse Control</b>	Behavior	1pm to 3pm <b>101-201*</b>	9:30am to 11:30am <b>101-201*</b>

\* Building and Room Location